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No one has a more important job than you. And balancing military life with family responsibilities is an ongoing challenge. The good news is you're not in this alone. Whether you're preparing for a new baby or looking for child care, experiencing the stress of deployment or a permanent change of duty station – or simply looking for a good plumber – Military OneSource is there for you. No question is too small. No issue is too big.

- All call are immediately answered by a professional who can help
- Translation services in more than 150 languages
- Multicultural staff
- Visit our website to schedule a phone call at your convenience, sign up for newsletters and link to other military resources
- Available 24/7

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